



**You Can! Live Well, Virginia!**

## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

**Presented by the Loudoun County Area Agency on Aging**

### **Ready to live life, not just endure it?**

Join us for a six-week workshop developed by Stanford University that will empower you to manage your own care and improve your quality of life.

The following topics will be covered:

- nutrition and physical activity
- making informed treatment decisions
- dealing with difficult emotions
- understanding medication

This workshop is open to anyone with a chronic condition, as well as caregivers.

Chronic conditions could include heart or

lung disease, asthma, arthritis, migraines, HIV, diabetes, Crohn's, or any other illness that affects your daily life.

### **2015 Workshop Details:**

Every Thursday *(for 6 weeks)*

Feb. 19 – March 26, 9 a.m. – 11:30 a.m.  
Senior Center of Leesburg

Every Wednesday *(for 6 weeks)*

April 1 – May 6, 10:30 a.m. – 1 p.m.  
Cascades Senior Center

Every Friday *(for 6 weeks)*

April 10 – May 15, 10 a.m. – 1 p.m.  
Carver Center

Every Tuesday *(for 6 weeks)*

April 14 – May 19, 10 a.m. – 12:30 p.m.  
Area Agency on Aging

Every Thursday *(for 6 weeks)*

June 4 – July 9, 1 p.m. – 3:30 p.m.  
Windy Hill Foundation

**Questions? Please contact the  
Area Agency on Aging:  
703-777-0257**

**aaa@loudoun.gov  
www.loudoun.gov/aaa**

